

**Full Report (All Nutrients) 02045, Dill weed, fresh**

Report Date: October 26, 2015 05:26 EDT

Nutrient values and weights are for edible portion.

**Food Group : Spices and Herbs**

**Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor: 2.44 Nitrogen to Protein Conversion Factor: 6.25**

**Refuse: 41% Refuse Description: Tough stems and trimmings**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	5.0 sprigs 1g	1 cup sprigs 8.9g
<b>Proximates</b>						
Water	g	85.95	2	--	0.86	7.65
Energy	kcal	43	--	--	0	4
Energy	kJ	180	--	--	2	16
Protein	g	3.46	2	--	0.03	0.31
Total lipid (fat)	g	1.12	2	--	0.01	0.10
Ash	g	2.45	2	--	0.02	0.22
Carbohydrate, by difference	g	7.02	--	--	0.07	0.62
Fiber, total dietary	g	2.1	--	--	0.0	0.2
<b>Minerals</b>						
Calcium, Ca	mg	208	2	--	2	19
Iron, Fe	mg	6.59	--	--	0.07	0.59
Magnesium, Mg	mg	55	2	--	1	5
Phosphorus, P	mg	66	2	--	1	6
Potassium, K	mg	738	2	--	7	66
Sodium, Na	mg	61	2	--	1	5
Zinc, Zn	mg	0.91	2	--	0.01	0.08
Copper, Cu	mg	0.146	2	--	0.001	0.013
Manganese, Mn	mg	1.264	2	--	0.013	0.112
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	85.0	--	--	0.8	7.6
Thiamin	mg	0.058	2	--	0.001	0.005

Nutrient	Unit	1	Data points	Std. Error	5.0 sprigs	1 cup sprigs
		Value Per100 g			1g	8.9g
Riboflavin	mg	0.296	2	--	0.003	0.026
Niacin	mg	1.570	2	--	0.016	0.140
Pantothenic acid	mg	0.397	2	--	0.004	0.035
Vitamin B-6	mg	0.185	2	--	0.002	0.016
Folate, total	µg	150	2	--	2	13
Folic acid	µg	0	--	--	0	0
Folate, food	µg	150	2	--	2	13
Folate, DFE	µg	150	--	--	2	13
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	386	--	--	4	34
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	7718	--	--	77	687
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.060	--	--	0.001	0.005
12:0	g	0.001	1	--	0.000	0.000
14:0	g	0.001	1	--	0.000	0.000
16:0	g	0.049	1	--	0.000	0.004
18:0	g	0.009	1	--	0.000	0.001
Fatty acids, total monounsaturated	g	0.802	--	--	0.008	0.071
16:1 undifferentiated	g	0.004	1	--	0.000	0.000
18:1 undifferentiated	g	0.798	1	--	0.008	0.071
Fatty acids, total polyunsaturated	g	0.095	--	--	0.001	0.008
18:2 undifferentiated	g	0.082	1	--	0.001	0.007
18:3 undifferentiated	g	0.013	1	--	0.000	0.001
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Tryptophan	g	0.014	--	--	0.000	0.001
Threonine	g	0.068	--	--	0.001	0.006
Isoleucine	g	0.195	--	--	0.002	0.017
Leucine	g	0.159	--	--	0.002	0.014

Nutrient	Unit	1	Data points	Std. Error	5.0 sprigs 1g	1 cup sprigs 8.9g
		Value Per100 g				
Lysine	g	0.246	--	--	0.002	0.022
Methionine	g	0.011	--	--	0.000	0.001
Cystine	g	0.017	--	--	0.000	0.002
Phenylalanine	g	0.065	--	--	0.001	0.006
Tyrosine	g	0.096	--	--	0.001	0.009
Valine	g	0.154	--	--	0.002	0.014
Arginine	g	0.142	--	--	0.001	0.013
Histidine	g	0.071	--	--	0.001	0.006
Alanine	g	0.227	--	--	0.002	0.020
Aspartic acid	g	0.343	--	--	0.003	0.031
Glutamic acid	g	0.290	--	--	0.003	0.026
Glycine	g	0.169	--	--	0.002	0.015
Proline	g	0.248	--	--	0.002	0.022
Serine	g	0.158	--	--	0.002	0.014
<b>Flavonoids</b>						
Flavanones						
Hesperetin <a href="#">1</a>	mg	0.00	2	--	0.00	0.00
Flavones						
Apigenin <a href="#">1</a> <a href="#">2</a>	mg	0.00	3	0	0.00	0.00
Luteolin <a href="#">1</a> <a href="#">2</a>	mg	0.00	3	0	0.00	0.00
Flavonols						
Isorhamnetin <a href="#">1</a>	mg	43.50	2	--	0.44	3.87
Kaempferol <a href="#">1</a> <a href="#">2</a>	mg	13.33	3	7.05	0.13	1.19
Myricetin <a href="#">2</a>	mg	0.69	1	--	0.01	0.06
Quercetin <a href="#">1</a> <a href="#">2</a>	mg	55.14	3	29.81	0.55	4.91

<sup>1</sup>Justesen, U., and Knuthsen, P. **Composition of flavonoids in fresh herbs and calculation of flavonoid intake by use of herbs in traditional Danish dishes.**, 2001 Food Chem. 73 pp.245-250

<sup>2</sup>Lugasi, A., and Hovari, J. **Flavonoid aglycons in foods of plant origin I. Vegetables**, 2000 Acta Alimentaria 29 pp.345-352

**Langual Code(s)**

- A1272 0200 SPICES AND HERBS (USDA SR)
- B1277 DILL
- C0200 LEAF
- E0151 SOLID
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0001 TREATMENT APPLIED NOT KNOWN

- J0001 PRESERVATION METHOD NOT KNOWN
- K0001 PACKING MEDIUM NOT KNOWN
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- R0001 GEOGRAPHIC PLACE OR REGION NOT KNOWN